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BPR200 Issue - G12

Breville

The Fast Slow Cooker™

Instruction Booklet

BPR200

CONGRATULATIONS

On the purchase of your new
Breville Fast Slow Cooker™

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BREVILLE RECOMMENDS SAFETY FIRST

At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Remove and safely discard any packaging material and promotional labels before using the Breville Fast Slow Cooker for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not immerse appliance base, power cord or plug in water or any other liquid.
- Always insert the connector end of the power cord into appliance inlet inserting power plug into power outlet and switching on appliance. Ensure the appliance inlet is completely dry before inserting the connector end of the power cord.
- This appliance cooks under pressure. Improper use may result in injury. When using this appliance for any function other than sauté, ensure the lid is properly assembled and locked into position before use.
- Do not place Breville Fast Slow Cooker near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water and other substances.
- Do not operate Breville Fast Slow Cooker on a sink drain board.
- Do not move Breville Fast Slow Cooker when in use.
- Do not place this appliance on or near a hot gas burner, electric element or where it could touch a heated oven. Position Breville Fast Slow Cooker at a minimum distance of 20cm away from walls and provide adequate space above and all sides for air circulation.
- Keep the Breville Fast Slow Cooker clear of walls, curtains and other heat or steam sensitive materials.
- Do not touch hot surfaces. Use handles on the sides of appliance and on lid. Use the button to release steam pressure.
- Always ensure Breville Fast Slow Cooker is properly assembled before use. Follow the instructions provided in this book.
- Before placing removable cooking bowl into stainless steel base ensure base of bowl and base of appliance is dry by wiping with a dry soft cloth.
- Do not place food or liquid directly into stainless steel base. Only removable cooking bowl is designed to contain food or liquid.
- Never operate Breville Fast Slow Cooker without food and liquid in the removable cooking bowl. Ensure removable cooking bowl is not below the 2 level mark or 1/3 full of food and/or liquid not filled over 2/3 full before switching on appliance. Always follow the maximum and minimum quantities of liquid stated in instructions and recipes.

BREVILLE RECOMMENDS SAFETY FIRST

- Do not exceed maximum fill level. Some foods expand during pressure cooking such as rice, diced vegetables, do not fill removable cooking pan over ⅓ full. Over filling may cause a risk of clogging pressure release valve and pressure indicator valve and develop excess pressure.
- Do not use a damaged removable cooking bowl. Replace before using.
- Ensure that lid is properly closed before operating. (see step 4 page 19–20)
- Do not use Breville Fast Slow Cooker for other than it's intended use. Do not attempt to operate Breville Fast Slow Cooker by any method other than those described in this book.
- Some foods to avoid when pressure cooking are; apple sauce, cranberries, pearl barley, oatmeal and other cereals, noodles and pasta, and rhubarb; these foods can foam, froth and splatter and clog the pressure release valve and pressure indicator valve.
- Removable cooking bowl can be extremely heavy when full of ingredients, care should be taken when lifting from Breville Fast Slow Cooker base.
- Always check pressure release valve and pressure indicator valve for clogging before use and clean if necessary. Check to make sure the pressure indicator rod moves freely from under the lid.
- Extreme caution must be used when appliance contains hot food and liquids and/or is under pressure. Improper use may result in injury. When using this appliance for any function except sauté, make sure the lid is properly locked before operating.
- Do not use the lid handle to carry appliance when in use and after use.
- Do not attempt to open Breville Fast Slow Cooker lid after pressure cooking until all internal pressure has been released and is slightly cooled. If the lid will not turn to unlock, this indicates that appliance is still under pressure – do not force lid open. Any pressure remaining can be hazardous. See operating instructions for STEAM RELEASE directions in this instruction book. (see step 10–12 page 20)
- Always ensure that removable cooking bowl has cooled sufficiently before handling and use oven mitts as a precaution.
- The Breville Fast Slow Cooker is not intended to be operated by means of an external timer or separate remote control system.
- Do not place anything, other than lid, on top of Breville Fast Slow Cooker when assembled, when in use and when stored.
- Do not adjust the PRESSURE REGULATOR whilst in use.
- Use only recommended STEAM RELEASE to depressurize cooker after use. (see step 10–12 page 20)
- Do not use this appliance cooker for deep frying.
- Do not sauté or shallow fry under pressure.
- Always ensure there is enough liquid in removable cooking bowl when steaming. At least 4 cups (1 litre) of liquid is required when steaming.
- Always ensure START/CANCEL has been pressed to CANCEL, then turn the power off at the power outlet and remove power plug from the power outlet before attempting to move the appliance, when appliance is not in use and before cleaning and storing.

- To protect against electric shock, do not immerse Breville Fast Slow Cooker base, power base, power cord or power plug in water or allow moisture to come in contact with these parts.
- Keep Breville Fast Slow Cooker clean. Follow the cleaning instructions provided in this book. (see page 38)

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

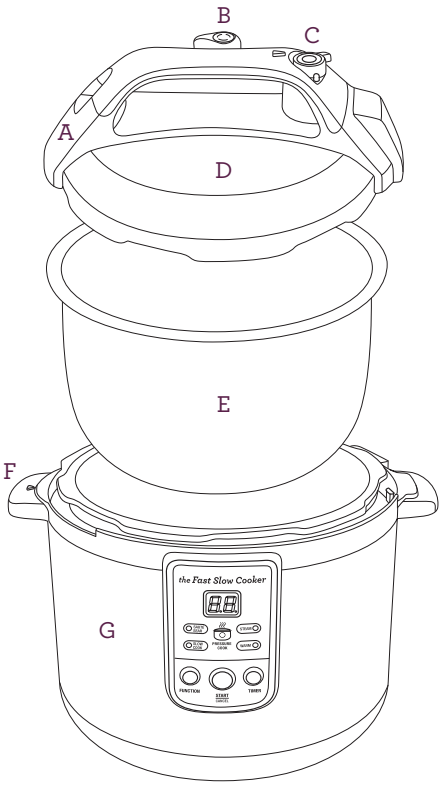
- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

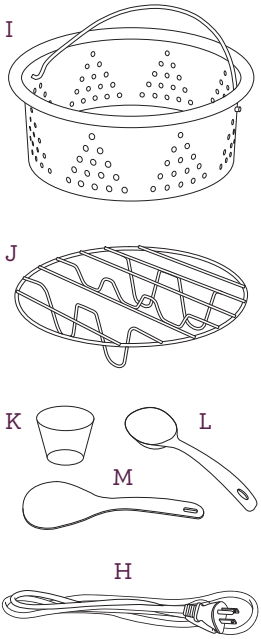
SAVE THESE INSTRUCTIONS

KNOW

your Breville Fast Slow Cooker™

KNOW YOUR BREVILLE FAST SLOW COOKER





A. **Lid handle**

B. **Pressure regulator/release valve**
Controls rate at which steam vents out of cooker and subsequently degree of pressure inside the cover.

C. **Adjustable pressure control/dial**
Choose from Low, Medium or High.

D. **Safety locking lid**
Can not be opened whilst pressure cooking. Not dishwasher safe.

E. **6 Litre removable non-stick cooking bowl.** Dishwasher Safe.

F. **Cool touch handles**

G. **Brushed stainless steel base & lid**

H. **Removable power cord**
For serving at table & easy storage.

Accessories

I. **Stainless steel steaming basket**
Dishwasher safe.

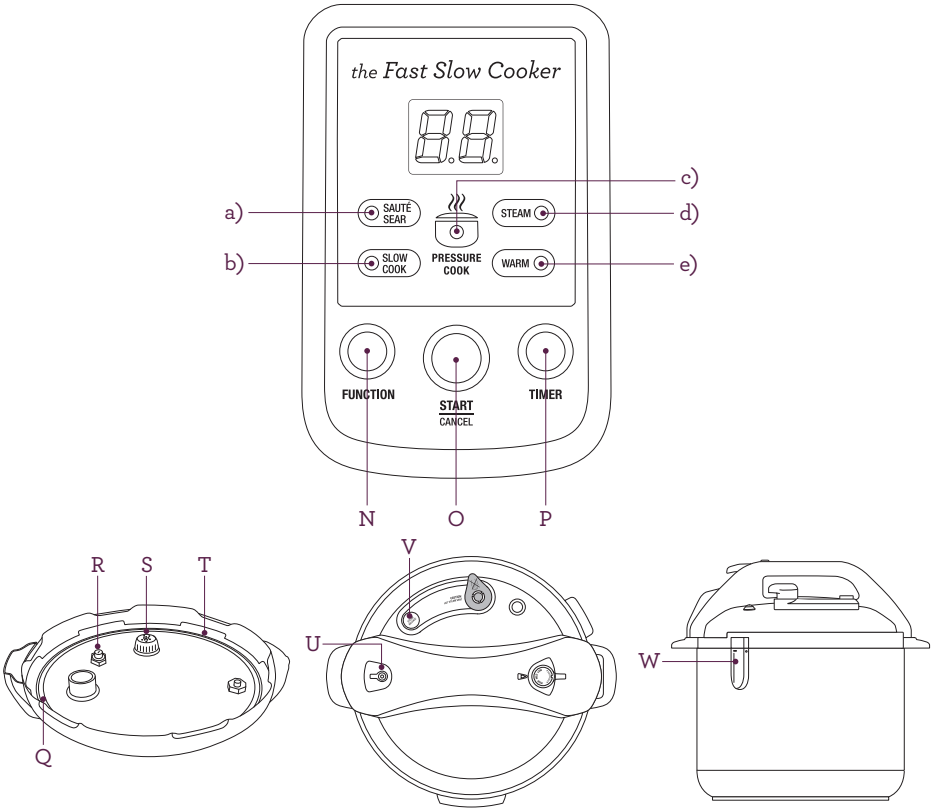
J. **Stainless steel trivet**
Raises food out of liquid for roasting, steaming and pressure cook or slow cook settings.

K. **Rice duo measuring cup**

L. **Serving spoon**

M. **Heat resistant spatula**
To avoid scratching non stick surface of cooking bowl.

KNOW YOUR BREVILLE FAST SLOW COOKER



Control Panel

N. **Function button**
Press to select desired cooking method.

Setting selection

a) SAUTE/SEAR Indicator Light
Sear and brown meats plus saute onions and garlic, before pressure cooking or slow cooking.

b) SLOW COOK Indicator Light
Select from 6 hours or 8 hours.

c) PRESSURE COOK Indicator Light

d) STEAM Indicator Light

e) WARM Indicator Light
Automatic or manual.

O. **Start/cancel button**

P. **Timer button**
Counts down remaining cooking time.

Q. **Silicone rubber sealing gasket**
Dishwasher safe.

R. **Pressure safety valve**

S. **Pressure release valve cover**

T. **Gasket holder**

U. **Pressure indicator**
Rod pops up once pressure is reached acting as a safety device.

V. **Steam release button**
Press the button in short bursts until pressure indicator rod drops down, then the lid can be opened.

W. **Steam condensation collector**
Dishwasher safe.

Quick Start Guide

This Quick Start Guide is designed for first time use.
For safety and more information, refer to your Instruction Booklet.

A

Before First Use

Preparing the Fast Slow Cooker for use

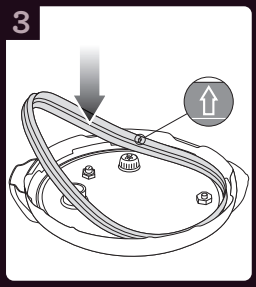
1

Remove Lid. Wash non-stick cooking bowl.

2

Wash silicone rubber gasket.

3

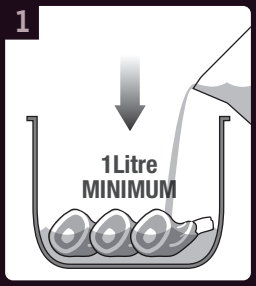


Return dry clean silicone rubber gasket securely back to gasket holder. Ensure arrows are facing up.

B

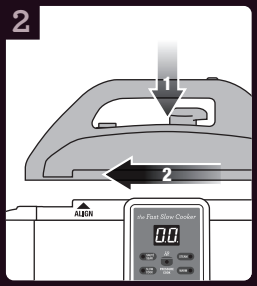
How to Pressure Cook

1



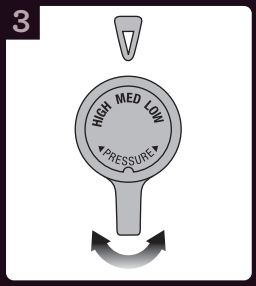
Place food to be cooked into removable cooking bowl with 1L minimum liquid.

2



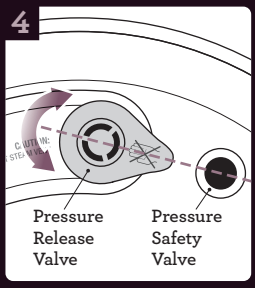
Close and lock lid in a clockwise direction by aligning arrows.

3



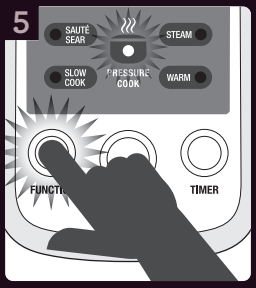
Select Pressure setting using Pressure Control Dial on lid handle (Low, Medium, High).

4



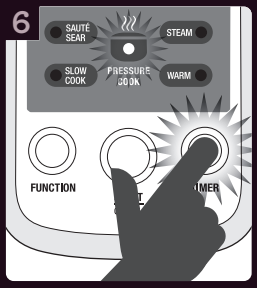
Ensure Pressure Regulator Release Valve is turned to Pressure position.

5



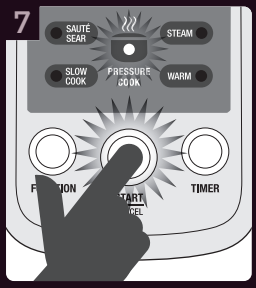
Press FUNCTION button until the Pressure Cook indicator light flashes.

6



Press TIMER Button – select from 02 to 99 minutes.

7



Press START/CANCEL button to start Pressure Cooking – indicator light will stop flashing.

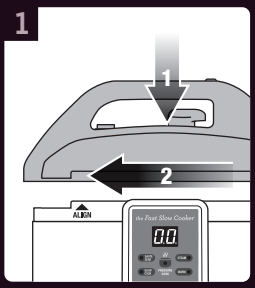
C
How to Sear

Press FUNCTION button until SAUTÉ/SEAR function indicator light flashes.

Press TIMER Button – select from 02 to 99 minutes.

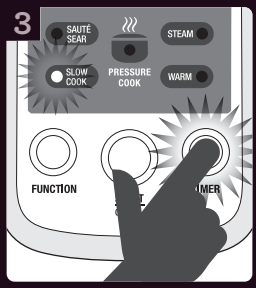
Press START/CANCEL button to start cooking – indicator light will stop flashing.

D
How to Slow Cook

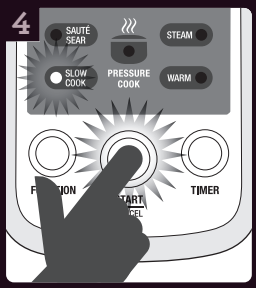


Close and lock lid in a clockwise direction by aligning arrows.

Press FUNCTION button until SLOW COOK indicator light flashes.

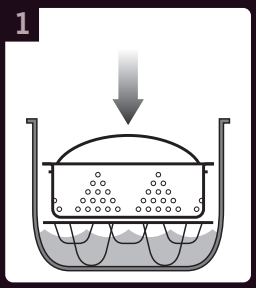


Press TIMER button and select either 6 or 8 hours.

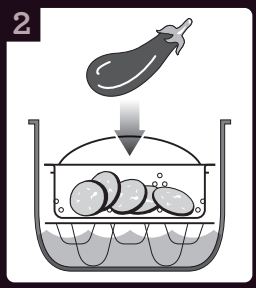


Press START/CANCEL button to start SLOW COOKING – indicator light will stop flashing.

E
How to Steam



Place steaming basket on to trivet and position inside cooking bowl.



Repeat steps (1) to (3) in How To Pressure Cook. Place food into steaming basket.

Select FUNCTION button until STEAM function indicator light flashes.

Press TIMER Button – select from 02 to 99 minutes.

Press START/CANCEL button to start STEAMING – indicator light will stop flashing.

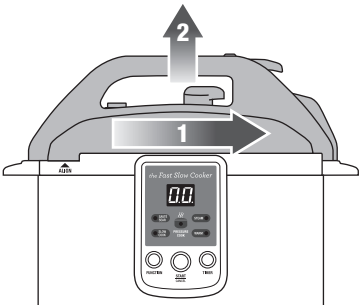
Refer to the Instruction Book or Contact Customer Service.

BEFORE FIRST USE

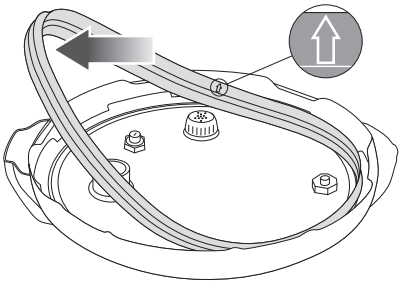
of your Breville Fast Slow Cooker™

PREPARING THE FAST SLOW COOKER FOR USE

1. Before first use, remove all promotional labels and packing materials and discard in a safe place to avoid a choking hazard.
2. Remove the lid by taking hold of the handle, turning it counter clockwise and lifting the lid up and off the appliance.



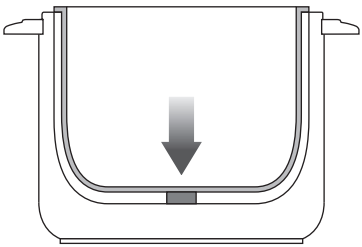
3. Wash the removable cooking bowl, stainless steel lid and silicone rubber gasket in hot, soapy water, rinse and dry thoroughly. Wipe the inside and the outside of the stainless steel base with a soft, damp cloth, then dry thoroughly.
4. Attach the clean silicone rubber gasket securely back into the gasket holder using the indicated arrows as a guide. Ensure that the arrows is facing up when inserting into the lid.



⚠ Warning:

If the silicone rubber gasket is not correctly fitted back into the gasket holder, the lid will not close and it will result appliance malfunction and stop the pressure cooker from operating.

5. Clean and dry the bottom of the removable cooking bowl as well as the temperature sensor, making sure there are no unwanted materials on the surface. The removable cooking bowl must sit flat on the temperature sensor to ensure proper contact.



BEFORE FIRST USE

DO'S

- Always thaw frozen meat and poultry before cooking.
- Use dry oven mitts when lifting the removable bowl after cooking.
- Always store Breville Fast Slow Cooker in a cool, dry place.

DONT'S

- Do not operate any of settings without removable cooking bowl in position.
- Do not cook with frozen meats or poultry.
- Do not remove stainless steel lid when using the Slow Cook setting unnecessarily as this will result in major heat loss.

NEVER

- Place water or other liquids into the stainless steel base of Breville Fast Slow Cooker.
- Immerse base, cord, or plug of Breville Fast Slow Cooker in water or any other liquid.
- Touch hot surfaces with bare hands.
- Deep fry in Breville Fast Slow Cooker.
- To prevent aromas, moulds and odours, never store your Breville Fast Slow Cooker closed with lid locked in place. Follow the care and cleaning guidelines on page 36. Pack and store with lid resting upside down on removable cooking bowl in a well ventilated area.

HINTS AND TIPS BEFORE PRESSURE COOKING & SLOW COOKING

PREPARING MEAT AND POULTRY

Select cuts of meat suitable for pressure cooking by choosing cuts from the table below. Pressure cooking allows less tender cuts of meat to be cooked quickly and achieve a tender juicy result.

Using meat cuts with bones produces a more flavorsome and enriched result.

For best results, always trim away excess visible fat, grizzle and skin. These will form extra liquid as it melts and cooks.

For casserole type recipes, cut meat into even cubes approximately 3–5cm.

Suitable meat cuts for pressure cooking and slow cooking

BEEF & VEAL	LAMB	PORK	CHICKEN
Chuck, skirt, round steak, boneless shin(Gravy) beef, bone-in-shin and cheeks(Osso Bucco), Diced leg, shoulder/ forequarter chops and steaks, neck chops, knuckle (Osso Bucco).	Shanks, drumsticks (frenched shanks), neck chops, boned out forequarter or shoulder.	Diced leg, shoulder/ forequarter chops and steaks, neck chops, knuckle (Osso Bucco).	Chicken drumsticks and thighs both bone in and fillet

PREPARING VEGETABLES

Vegetables should be cut into even-sized pieces to ensure more even cooking.

When preparing vegetables for pressure cooking, always use fresh and not frozen.

If only frozen vegetables are available, thaw out before pressure cooking. Use LOW pressure setting for minimum time.

For better results only peel vegetables when appropriate. Hard vegetables such as beetroot and potatoes hold their shape better when left intact.

PREPARING DRIED PULSES (BEANS AND PEAS)

Legumes and pulses can be cooked without prior soaking.

To fasten the pressure cooking time, soak dried pulses in boiling water for 3 hours or overnight.

Always wash and drain pulses before cooking. Remove any discoloured pulses.

For best cooking results, place pulses into Breville Fast Slow Cooker and cover with water or stock at least 5cm above the level of pulses.

Onions, bay leaves and garlic can be added to flavour the pulses.

Avoid adding salt prior to cooking, as this will toughen the skins of the beans and peas and prevent proper cooking.

Once pulses have cooked, drain away excess liquid, rinse lightly and use in recipes.

Softer Pulses such as mung beans, lima beans and butter beans are best to be cooked using LOW or MEDIUM pressure.

⚠ *IMPORTANT*

- *Softer Pulses such as; mung beans, lima beans and butter beans are best cooked using LOW AND MEDIUM pressure.*
- *When PRESSURE COOKING AND SLOW COOKING the resulting juices and liquids created by cooking may need to be evaporated and concentrated. We suggest that the SAUTE/SEAR function should be used for approx 5–10 minutes depending on amount of liquids required to be reduced.*

OPERATING

your Breville Fast Slow Cooker™

SAUTÉING AND SEARING BEFORE PRESSURE COOKING & SLOW COOKING

Sautéing and Searing in Breville Fast Slow Cooker may take a little extra time and whilst not strictly necessary, the rewards are evident in the end result.

Saute and Sear setting keeps the heat stable, browning meat and caramelising vegetables. This seals in the moisture, tenderises and intensifies the flavour.

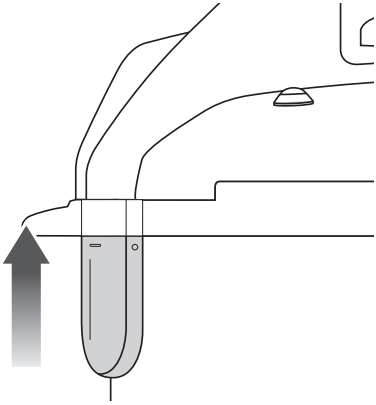
Hint and Tips

- Trim excess fat from meat or poultry.
- If a recipe calls for browning meat, it may be browned using SAUTÉ/SEAR setting.
- If after cooking the liquid quantity is excessive, remove the lid and operate Breville Fast Slow Cooker on SAUTÉ/SEAR setting for approximately 10–15 minutes or until the liquid reduces by the desired amount.

How to Sauté and Sear

1. Remove power cord, connect it to pressure cooker base and insert power cord to 230/240 volt power outlet. A single beep will sound and 0:0 will be displayed on LED display.

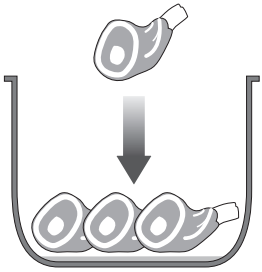
2. Click steam condensation collector into place.



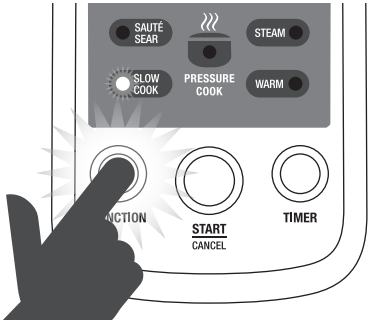
3. Always ensure the lid is removed from pressure cooker before sautéing or searing.
4. Press Function Button until SAUTÉ/SEAR indicator light flashes red.
5. Press TIMER button to increase time from 02 minutes to maximum 99 minutes. To fast advance time, press and hold TIMER button until desired time is displayed.

SAUTÉ AND SEAR SETTING

6. When desired cooking time is displayed, press START/CANCEL button. SAUTÉ/SEAR indicator light will stop flashing and will illuminate a solid red. The count down timer will commence. Allow Breville Fast Slow Cooker to heat with the lid off for approximately 2–3 minutes before cooking.
7. Add a small amount of oil or butter to removable cooking bowl.
8. Place food to be sautéd/seared into cooking bowl. Depending on quantity of food, meat searing should be done in small batches.



9. When finished sautéing or searing, select PRESSURE COOK or SLOW COOK by pressing FUNCTION button. (Refer to pressure cook or slow cook HOW TO section on page 17–26 and page 29–31).



⚠ *IMPORTANT*

- *SAUTÉ/SEAR function will not work if lid is sealed and locked in position. An audible alarm will sound. E3 error code will appear on LED display to signal the need to unlock or remove the lid.*
- *Stir food in removable cooking bowl, using heat resistant spatula supplied.*
- *Do not use metal utensils because they will scratch non stick coating on the removable cooking bowl.*
- *Do not heat removable cooking bowl when empty for more than 10 minutes as it may damage the cooking surface.*
- *Caution should be used when searing meats and sautéing in hot oil. Keep hands and face away from the removable cooking bowl especially when adding new ingredients as hot oil may splatter.*

A BEGINNER'S GUIDE TO PRESSURE COOKING

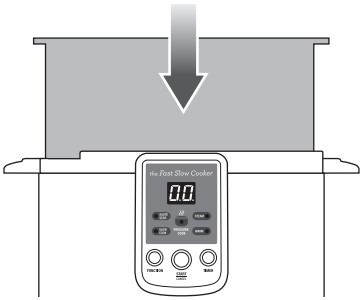
Pressure cookers are back in the forefront again. These time savers are wonderful for cooking succulent roasts, flavoursome casseroles, delicious soups and even desserts in a fraction of the time and energy they take by conventional methods.

Pressure Cooking is a method of cooking food in a small amount of liquid with a gasket sealed lid that retains steam inside and builds pressure. It is the increase in pressure that raises temperature of the liquid and steam inside to well above boiling point and therefore allows food to be cooked up to 70% faster.

This means less energy is consumed and you will enjoy substantial savings in both time and cost. Because pressure cooked foods require very little cooking liquid, more vitamins, minerals, and other nutrients are retained and the natural flavours are enhanced.

How to Pressure Cook

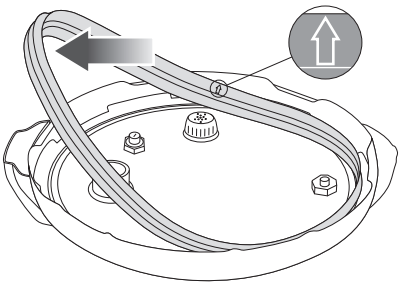
1. Place removable cooking bowl into stainless steel base.



2. Attach clean silicone rubber gasket securely into gasket holder using the indicated arrows as a guide. Ensure that the arrows are facing up when inserting into the lid.

NOTE

Fit silicone rubber sealing gasket into lid if not already in place.



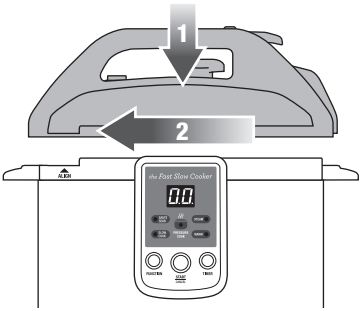
3. Always have a minimum of 1 litre (4 cups) of combined food and liquid in removable cooking bowl.

PRESSURE COOK SETTING

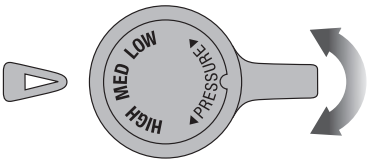
4. Close and lock lid by using the handle. Close lid in a clockwise direction by aligning ALIGN arrows. The Lid arrow should align with stainless steel base arrow until it locks into place and is in the CLOSE position.

NOTE

This should be effortless!



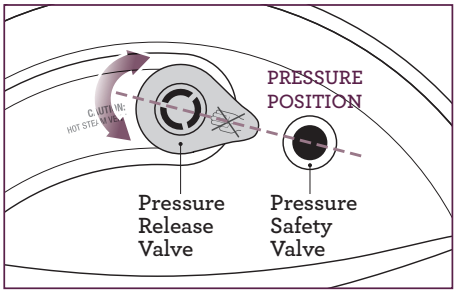
5. Select one of the following settings using the Pressure Control dial located on the handle:
   - Low (Low Pressure)
   - Medium (Moderate Pressure)
   - High (High Pressure)



NOTE

Refer to Pressure Cooking guide and recipes on page 20–44

6. Ensure Pressure Regulator Release Valve is turned to PRESSURE position. For correct PRESSURE position, align the pressure release valve with the dash graphic that goes across the pressure safety valve. See diagram below.



The illustration above shows the correct Pressure Release Valve position.

You may need to adjust the Pressure Release Valve until it is in the correct position.

7. Press FUNCTION button until PRESSURE COOK indicator light flashes red.

8. To set TIMER; press TIMER button to increase cooking time. This will be illuminated on LED display from 02 minutes to maximum 99 minutes. To fast advance time, press and hold down TIMER button. When desired cooking time is displayed, press START/ CANCEL button.

   The function indicator light will stop flashing and will illuminate a solid red. Preheating will begin, control panel will continue to display selected cooking time. As selected pressure setting is achieved, there will be a slight hissing of steam from pressure regulator release valve. After approximately 10 minutes, or more depending on the amount of liquid added to cooking bowl, selected cooking time will begin to count down in minutes and this is shown on LED display.

PRESSURE COOK SETTING

9. When LED displays 0 cooking has finished. Breville Fast Slow Cooker will sound 5 beeps.

10. To release pressure from Pressure regulator release valve, press pressure release button until initial bursts of steam have been released. Then you may either continue to press the pressure release button or rotate the pressure release valve until all steam has been released and pressure indicator rod has dropped.
11. Wait 1 minute after releasing pressure to unlock and remove lid.
12. To open lid turn handle in a anti-clockwise direction until aligning ALIGN arrows to the OPEN position.

NOTE

This should be effortless!

13. Check food to see if it has been cooked sufficiently. If not, replace lid and lock into position following the previous steps.

⚠ *IMPORTANT:*

- *It can take from 30 seconds to 20 minutes to bring the food to pressure, depending on the food and quantity being cooked. To speed this time up use boiling, not cold, liquid.*
- *Do not fill removable cooking bowl higher than MAX line marking on the inside of the cooking bowl.*
- *Do not exceed mark line 6 on the inside of the cooking bowl when pressure cooking foods that expand such as rice, dried beans, grains and legumes.*
- *The minimum amount of water to be added to removable cooking bowl for Pressure Cook recipes cooking in under 10 minutes is 250ml (1 cup). Anything less might boil dry and pressure cook will not function. Additional liquid may need to be added during cooking.*
- *Never operate appliance when it is empty. Do not cook with less than 1 litre of combined food and liquid.*
- *Never use oil or milk as a cooking liquid such as deep frying or making custards. Only use hot/warm liquids particularly after sautéing to avoid any damage to the removable cooking bowl. Adding hot liquids also hastens the time to reach pressure.*
- *Keep hands and face clear of Pressure Release Valve when appliance is in Pressure Cooking operation. Hot steam and water may be emitted during use.*

PRESSURE COOK SETTING

- *When cooking under pressure, lid of the Breville Fast Slow Cooker can not be opened. Do not try to force the lid open.*
- *After making soups and stocks, allow several minutes before releasing pressure and removing lid to make sure that hot liquid inside will not boil over.*

⚠ *WARNING:*

Use caution when opening the lid. Steam escapes as soon as the lid is opened. Never place your face or hands over Breville Fast Slow Cooker when removing the lid. Always use oven mitts when handling the hot removable cooking bowl.

PRESSURE COOK SETTING & CONVERTING CONVENTIONAL RECIPES

Your favourite traditional recipes can be easily adapted to PRESSURE COOK setting. The following charts are a guide to Pressure Cooking times as compared to conventional cooking times.

If trying conventional recipes that are not included in our recipe section, we recommend you calculate that it will cook 70% faster than conventional cooking time.

NOTE

Time will vary with individual recipes and according to nature of certain foods and quantities. If results are under cooked, close and lock lid, press FUNCTION button until PRESSURE COOK indicator light flashes red.

Set the timer accordingly and press START/CANCEL button to rebuild pressure and cook for required time.

MEAT, POULTRY & SEAFOOD	PRESSURE SETTING	PRESSURE COOK TIME	CONVENTIONAL COOKING TIME
LAMB			
Lamb Shanks 4 x 12–13cm long	HIGH	30–35 minutes	2 hours
Lamb, 2cm diced (1kg)	HIGH	10–12 minutes	1½–2 hours
BEEF/GAME			
Rolled beef rib roast (1.2kg)	HIGH/then LOW	13–15 minutes	2 hours
Rabbit, pieces (1kg)	HIGH	25–30 minutes	1 ½ hours
PORK			
Spare Ribs (1.2kg)	HIGH	15 minutes	45 minutes
POULTRY			
Chicken breast fillets (4 halves)	MEDIUM	2–4 minutes	15–20 minutes
Chicken drumsticks (8)	MEDIUM	10–15 minutes	30–35 minutes
Whole chicken (1.2kg)	MEDIUM	15–20 minutes	1 hour

NOTE

These cooking times are approximates only and times will vary according to nature of certain foods and quantities.

PRESSURE COOKING RICE

Wash rice well until water runs clear. Drain well and add rice to removable cooking bowl, measure water or stock using rice duo cup provided and add to removable cooking bowl of Breville Fast Slow Cooker. Secure lid on.

1. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
2. Enter TIME according to type of rice used, ensure displayed on LED.
3. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to desired setting position. Press START/CANCEL button.
4. Once timer is 0 and 5 beeps sound, release PRESSURE.
5. Open lid. If water has not been completely absorbed, stir rice to evaporate excess moisture before removing.

RICE	CUPS	WATER QTY	PRESSURE SETTING	COOK TIME
WHITE LONG OR SHORT GRAIN RICE, JASMINE & BASMATI RICE	2	2 DUO CUPS	LOW	7 MINUTES
	4	4 DUO CUPS	LOW	9 MINUTES
	6	6 DUO CUPS	LOW	10 MINUTES
	8	8 DUO CUPS	LOW	12 MINUTES
	10	10 DUO CUPS	LOW	14 MINUTES
BROWN RICE	2	21/2 DUO CUPS	MEDIUM	15 MINUTES
	4	6 DUO CUPS	MEDIUM	20 MINUTES
	6	9 DUO CUPS	MEDIUM	25 MINUTES
	8	12 DUO CUPS	MEDIUM	30 MINUTES
	10	15 DUO CUPS	MEDIUM	35 MINUTES

PRESSURE COOKING RICE

NOTE

When cooking rice, cereals or pasta depressurize slowly after cooking by pressing the Steam Release button in short bursts.

NOTE

To speed up the building up of pressure whilst pressure cooking, use boiling water or stock.

NOTE

Use rice duo cup supplied with Breville Fast Slow Cooker to measure rice and water. Rice duo cup is not a standard 1 cup Australian metric measure.

NOTE

These cooking times are approximates only and times will vary according to nature of certain foods and quantities. If results are under cooked please refer to recipe section for recipes relating to these cooking charts.

NOTE

Do not exceed mark line 6 on the inside of the cooking bowl when pressure cooking foods that expand such as rice, dried beans, grains and legumes.

⚠ ***IMPORTANT***

Do not use Breville Fast Slow Cooker to cook instant rice.

PRESSURE COOKING LEGUMES

500g of dried legumes yields approximately 3–4 cups cooked legumes depending on type.

INGREDIENTS

1 ½ cups dried beans or peas
3 cups water for cooking

METHOD

1. Add beans or peas and water to removable cooking bowl of Breville Fast Slow Cooker ensuring not to fill higher than water level mark 6. Secure lid on.

Pressure Cook Setting

2. Press FUNCTION button and select PRESSURE COOK, indicator light will illuminate.
3. Enter TIME according to beans or peas used, time is displayed on LED.
4. Pressure Release Valve is to be turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position.
5. Press START/CANCEL button.
6. Once timer is 0 and 5 beeps sound, release PRESSURE.
7. Open lid. Allow to cool then remove and drain beans or peas. Use as required as a substitute for canned beans or peas.

TIP

Cooking times recommended in chart are for legumes.

Where a recipe includes cooking of dried legumes with other ingredients, cooking time will need to be increased. As a guide, reduce conventional recipe cooking time by ⅔.

LEGUMES	PRESSURE SETTING	PRESSURE COOK TIME	CONVENTIONAL COOKING TIME
Cannellini beans	MEDIUM	12–15 minutes	40–45 minutes
Chick peas	MEDIUM	35–40 minutes	2 hours
Lima beans, large	MEDIUM	6–8 minutes	30 minutes

NOTE

These cooking times are approximates only and times will vary according to nature of certain foods and quantities.

PRESSURE COOKING VEGETABLES

INGREDIENTS

1kg prepared vegetables
1 cup water or stock

METHOD

1. Add vegetables and water or stock to bowl of Breville Fast Slow Cooker. Secure lid on.

Pressure Cook Setting

2. Press FUNCTION button and select PRESSURE COOK, indicator light will illuminate.
3. Enter TIME according to vegetable used, time is displayed on LED.
4. Pressure Release Valve is to be turned to PRESSURE position and Pressure Control Dial turned to desired pressure position.
5. Press START/CANCEL button.
6. Once timer is 0 and 5 beeps sound, release PRESSURE.
7. Open lid.

VEGETABLES	PRESSURE SETTING	PRESSURE COOK TIME	CONVENTIONAL COOKING TIME
Beetroot (baby) whole or large beetroots (quartered)	HIGH	6–8 minutes	20–25 minutes
Carrots, 2cm slices	MEDIUM	2–3 minutes	6–10 minutes
Corn on the cob, halved	HIGH	3–4 minutes	10–12 minutes
Pumpkin, diced	LOW	10 minutes	20–30 minutes
Potato, diced for mashing	MEDIUM	8–10 minutes	10–15 minutes
Swede, 2cm slices	HIGH	4–5 minutes	15–20 minutes

NOTE

These cooking times are approximates only and times will vary according to nature of certain foods and quantities.

PRESSURE COOKING

FRUIT	PRESSURE SETTING	PRESSURE COOK TIME	CONVENTIONAL COOKING TIME
FRUIT			
Apples, whole, 1kg	LOW	5–6 minutes	30 minutes
Peaches, whole, 1kg	LOW	4–5 minutes	20 minutes
Pears, whole, 1kg	LOW	12–15 minutes	30–35 minutes

NOTE

These cooking times are approximates only and times will vary according to nature of certain foods and quantities.

NOTE

Slow Release – If the Steam release button is not depressed when cooking is finished, the steam will automatically vent out of the Pressure Regulator slowly. This method is recommended for recipes containing larger quantities of liquid such as soups and casseroles to prevent liquid being forced out with the steam. The Slow release method is also used to finish off recipes such as risottos and puddings.

HOW TO POT ROAST

The addition of liquid is required for pot roasting. Place meat in removable cooking bowl, then add sufficient liquid to cover up to a third of the meat.

When using SLOW COOK or PRESSURE COOK settings meat will not brown during the pot roasting process, so for browner results seal on the SAUTE/SEAR setting first before pot roasting

SUITABLE MEAT CUTS FOR POT ROASTING
Beef Topside, Blade, Silverside Roasts, Rump
Beef Rolled Brisket.
Lamb Forequarter, Shoulder.
Veal Shoulder/Forequarter.
Pork Loin, Neck.

POT ROAST

Serves 4 to 6

INGREDIENTS

1–1.2kg boneless chuck roast
2 cloves garlic, peeled and chopped
1 tablespoon vegetable oil
1 brown onion, peeled and chopped
125ml (½ cup) beef stock
140g Italian tomato paste
400g can diced tomatoes
1 tablespoon brown sugar, firmly packed
1 teaspoon dry mustard
½ teaspoon paprika
2 tablespoons lemon juice
2 tablespoons cider vinegar
1 teaspoon Worcestershire sauce
2 tablespoons chopped fresh parsley

METHOD

Rub meat all over with crushed garlic.

Sauté Setting

1. Press FUNCTION button then select SAUTÉ, ensure indicator light illuminates. Enter 15 minutes TIME, time is displayed on LED. Press START/CANCEL button and wait 3 minutes while bowl is heating before cooking.
2. Add meat and brown well on all sides. Remove meat and set aside.
3. Heat oil for 20 seconds and add onions, sauté for 2–3 minutes until onions have softened.
4. Add beef stock, tomato paste, diced tomatoes and juice, brown sugar, dry mustard, paprika, lemon juice, cider vinegar and Worcestershire sauce.
5. Stir well until all ingredients are well mixed and bring mixture to the boil.
6. Return meat to Breville Fast Slow Cooker and turn to coat all over with sauce. Secure the lid on.

Pressure Cook Setting

7. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
8. Enter 45 minutes TIME, time is displayed on LED.
9. Pressure Release Valve is to be turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position.
10. Press START/CANCEL button.
11. Once timer is 0 and 5 beeps sound, release PRESSURE.
12. Open lid. Check beef, it should be soft when pierced with a knife. Remove meat and slice and return to Breville Fast Slow Cooker for 10 minutes before serving. Garnish with chopped parsley and serve.

NOTE

If you would like to slow cook this recipe follow the SLOW COOK instructions on page 47-49 and set for 6 or 8 hours.

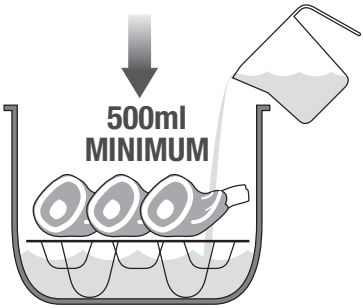
HOW TO ROAST

Roasting meats using either PRESSURE COOK or SLOW COOK settings, creates tender, flavoursome results. Both cooking processes break down and soften the connective and muscle tissue within the meat, making it easier to slice.

Meat will not be browned during PRESSURE COOK or SLOW COOK settings, so for seared results use the SAUTÉ/SEAR setting first.

Using SLOW COOK or PRESSURE COOK Setting

Elevate the meat to be cooked on provided stainless steel trivet. Add a minimum of 250ml (1 cup) hot liquid (water or stock).



This will assist in keeping the surface of the meat dry and free from any fat released throughout the cooking process. The stainless steel trivet rack will keep the meat, raised above the boiling liquid.

NOTE

Do not use oil or milk as a liquid.

TIP

The SLOW COOK or PRESSURE COOK functions will stop operating or timer function stops counting down if insufficient liquid. Add more liquid, make sure at all times a minimum 1 litre (4 cups) liquid is in cooking bowl during cooking.

SUITABLE MEAT CUTS FOR ROASTING
Beef Blade, Rump, Rib Roast, Fresh Silverside, Topside.
Lamb Leg, Mid Loin, Rack, Crown Roast, Shank, Shoulder, Mini Roasts.
Veal Leg, Loin, Rack, Shoulder/Forequarter.
Pork Loin, Neck, Leg, Racks (remove skin & fat).

BASIC ROAST

INGREDIENTS

1–1.2 kg beef, veal, lamb or pork roast or whole 1.2kg chicken
250ml (1 cup) beef or chicken stock

METHOD

Sauté Setting

1. Press FUNCTION button then select SAUTE, indicator light will illuminate.
2. Enter 10 minutes TIME, time is displayed on LED.
3. Press START/CANCEL button and wait 3 minutes while bowl is heating before cooking. Add meat and brown well on all sides. Remove meat and set aside. Add beef stock or chicken stock and mix with spatula. Carefully place trivet into the bowl. Place meat onto trivet. Secure lid on.

Pressure Cook Setting

1. Press FUNCTION button and select PRESSURE COOK, ensure indicator light illuminates.
2. Enter 13 minutes for rare or 15–18 minutes for medium to well done TIME, time is displayed on LED.
3. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to LOW position.
4. Press START/CANCEL button.
5. Once timer is 0 and 5 beeps sound, release PRESSURE.
6. Open the lid. Rest meat on a plate, covered with foil for 10 minutes before carving. Season to taste and serve.

NOTE

If you would like to slow cook this recipe follow the slow cook instructions on page 47-49 and set for 6 or 8 hours.

HOME MADE HOMMUS

Makes 2 cups

INGREDIENTS

2 cups dried chickpeas
750ml (3 cups) water
2 cloves garlic, crushed
Juice of a lemon
2 tablespoons hulled tahini
2-3 tablespoons olive oil
Salt to taste

METHOD

1. Wash chickpeas in cold water and pick out any blemished peas and discard. Drain well and place into the removable cooking bowl and pour over water. Secure lid on.
2. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
3. Enter 35 minutes TIME, time is displayed on LED.
4. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position.
5. Once timer is “0” and 5 beeps sound, release PRESSURE.
6. Open lid and cool completely.
7. Place cooked chickpeas into the bowl of a food processor and add garlic, lemon juice and tahini; process until smooth.
8. While motor is running pour in oil and season to taste. If mixture is too thick, thin it down with warm water until a good consistency.
9. Serve with falafel, pita bread and salad.

CHICKEN STOCK

Makes 2.5 litres

INGREDIENTS

1 kg chicken carcasses
1 onion, sliced
1 carrot, cut into 5 chunks
1 stick celery, sliced
4 white peppercorns
1 bay leaf
5 parsley stalks
2.5 litres water

METHOD

Sauté setting

1. Remove as much fat and skin from carcasses and rinse thoroughly; drain well and place into removable cooking bowl, along with remaining ingredients. Secure lid on.

Pressure cook setting

2. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
3. Enter 1 hour TIME, time is displayed on LED.
4. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to HIGH position.
5. Once timer is 0 and 5 beeps sound, release PRESSURE.
6. Open lid and cool completely.
7. Strain stock through a fine sieve. Refrigerate until fat rises to the top and solidifies.
8. Remove hardened fat layer and discard. Divide into smaller containers; label and freeze or use straight away.

BEEF STOCK

Makes 2.5 litres

INGREDIENTS

2 tablespoons oil
2 carrots, diced
2 sticks celery, sliced
2 onions, chopped
2 garlic cloves, sliced
1.5kg beef bones, rinsed
2 thyme sprigs
4 parsley stems
2 bay leaves
1 teaspoon black peppercorns
2.5 litres water

METHOD

Sauté setting

1. Press FUNCTION button then select SAUTE, indicator light will illuminate.
2. Enter 30 minutes TIME, time is displayed on LED.
3. Press START/CANCEL button and wait 3 minutes while removable cooking bowl is heating. Add oil and heat a further 2 minute.
4. Add carrots, celery, onion, garlic and beef bones and cook, stirring occasionally for 25 minutes or until vegetables and bones are a deep golden brown.

Pressure cook setting

5. Stir in herbs, peppercorns and water and scrape to dislodge caramelized cooking juices in the bottom of the pan.
6. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
7. Enter 1 hour TIME, time is displayed on LED.
8. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to HIGH position.
9. Once timer is “0” and 5 beeps sound, release PRESSURE.
10. Open lid and cool completely.
11. Strain stock through a fine sieve. Refrigerate until fat rises to the top and solidifies.
12. Remove hardened fat layer and discard. Divide into smaller containers; label and freeze or use straight away.

CHICKEN SOUP

Serves 6 to 8

INGREDIENTS

1.5kg chicken pieces (legs, wings, thighs,)
1 medium onion, quartered
2 carrots, peeled and cut into 3cm slices
1 celery stick, including green leaves, halved
1 parsnip, peeled and chopped
4 sprigs parsley
3 sprigs fresh dill
1 teaspoon salt
10 black peppercorns
1–1.25 litres (4–5 cups) water

METHOD

Sauté Setting

1. Wash chicken thoroughly and cut off excess fat.
2. Press FUNCTION button then select SAUTE, ensure indicator light illuminates. Enter 15 minutes TIME, time is displayed on LED. Press START/CANCEL button and wait 3 minutes while bowl is heating before cooking.
3. Into removable cooking bowl place all ingredients and cover with water. Bring soup to a boil and carefully skim scum off the top with a large spoon. Secure lid on.

Pressure Cook Setting

4. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
5. Enter 30 minutes TIME, time is displayed on LED.
6. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position.
7. Press START/CANCEL button.
8. Once timer is 0 and 5 beeps sound, release PRESSURE.
9. Open lid. Let soup cool and strain through a sieve. Refrigerate soup overnight.
10. Next day, remove and discard fat from top of soup. Heat soup and adjust seasoning. Serve with egg noodles.

PEA AND HAM SOUP

Serves 6 to 8

INGREDIENTS

500g split peas (green or yellow)
1 tablespoon vegetable oil
30g butter
2 large onions, finely chopped
3 large carrots, diced
3 sticks celery, diced
1.5 litres (6 cups) water
1kg ham bones
2 bay leaves
8 to 10 fresh sage leaves
Sea salt and freshly ground pepper

METHOD

Split Pea Preparation

Rinse split peas in a sieve under cold water. Drain well and remove any discoloured peas.

Sauté Setting

1. Press FUNCTION button then select SAUTÉ, indicator light will illuminate.
2. Enter 10 minutes TIME, time is displayed on LED. Press START/CANCEL button and wait 3 minutes while bowl is heating before cooking.
3. Add oil and butter to bowl, heat for 10–20 seconds until butter melts. Add onions, carrots and celery, cook until onions have softened, about 5 minutes, stirring occasionally. Add water, ham bones, bay leaves and sage leaves. Stir well. Secure lid on.

Pressure Cook Setting

4. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
5. Enter 40 minutes TIME, time is displayed on LED.
6. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position.
7. Press START/CANCEL button.
8. Once timer is 0 and 5 beeps sound, release PRESSURE.
9. Open lid. Check split peas are very soft. Remove ham bones and chop ham finely. Return chopped ham to soup. Season soup with salt and pepper and serve with fresh crusty bread.

VEGETABLE SOUP

Serves 4 to 6

INGREDIENTS

1 tablespoon vegetable oil
1 large onion, finely chopped
3 cloves garlic, finely chopped
2 large carrots, diced
1 small sweet potato, diced
250g pumpkin, diced
750ml (3 cups) boiling water
Sea salt and freshly ground pepper
2 tablespoons grated Parmesan cheese

METHOD

Sauté Setting

1. Press FUNCTION button then select SAUTÉ, indicator light will illuminate.
2. Enter 10 minutes TIME, time is displayed on LED.
3. Press START/CANCEL button and wait 3 minutes while bowl is heating before cooking.
4. Add oil to bowl, heat for 20 seconds. Then add onions and sauté for 2 minutes.
5. Add garlic, carrots, sweet potato and pumpkin, sauté, about 5 minutes, stirring occasionally.
6. Add boiling water, salt and pepper. Stir well. Secure lid on.

Pressure Cook Setting

7. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
8. Enter 10 minutes TIME, time is displayed on LED.
9. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position. Press START/CANCEL button.
10. Once timer is 0 and 5 beeps sound, release PRESSURE.
11. Open lid. Blend soup in a food processor or blender until smooth. Serve topped with grated cheese.

CHICK PEA CURRY WITH SWEET POTATO

Serves 6 to 8

INGREDIENTS

1½ cups (335g) dried chick peas
1 tablespoon vegetable oil
1 large onion, finely chopped
4 cloves garlic, finely chopped
2 teaspoons chopped fresh ginger
1 cinnamon stick
1 teaspoon ground chilli powder
1 teaspoon ground coriander
1 teaspoon ground cumin
400g can diced tomatoes
350g sweet potato cut into 2cm pieces
375ml (1½ cups) vegetable or chicken stock
1 tablespoon brown sugar, well packed
Salt and pepper to taste
125ml (½ cup) coconut milk, optional
¼ cup chopped fresh coriander

METHOD

Chick pea Preparation

Wash chickpeas well with cold water and drain thoroughly. Remove any discoloured or blemished peas.

Pressure Cook Setting

1. Add chick peas and 3 cups water to removable cooking bowl. Secure lid on
2. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
3. Enter 35 minutes TIME, time is displayed on LED. Ensure Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position. Press START/CANCEL button. Once timer is 0 and 5 beeps sound, release PRESSURE. Open lid. Drain and rinse chick peas. Set aside.
4. Wash and thoroughly dry removable cooking bowl before placing back into base.

Sauté Setting

5. Press FUNCTION button then select SAUTÉ, ensure indicator light illuminates.
6. Enter 10 minutes TIME, time is displayed on LED.
7. Press START/CANCEL button and wait 3 minutes while bowl is heating before cooking. Add oil to bowl, heat for 20 seconds. Add onion, garlic and ginger, cook for 5 minutes, stirring occasionally. Add all spices and cook a further 1 minute or until spices are fragrant. Add chick peas, diced tomatoes, sweet potato, stock, brown sugar, salt and pepper. Bring to the boil. Secure lid on.

Pressure Cook Setting

8. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
9. Enter 30 minutes TIME, time is displayed on LED.
10. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position.
11. Press START/CANCEL button.
12. Once timer is 0 and 5 beeps sound, release PRESSURE.
13. Open lid. Mix through coconut milk and serve topped with chopped coriander.

CHICKEN AND PESTO RISOTTO

Serves 4 to 6

INGREDIENTS

30g butter
300g chicken breast fillets, thinly sliced
1 tablespoon olive oil
1 large onion, finely chopped
3 cloves garlic, finely minced
350g Arborio or Carnaroli rice
1.25 litres (5 cups) chicken stock
1/3 cup pesto
¼ cup grated Parmesan cheese
50g wild or baby rocket leaves
Extra grated Parmesan cheese to serve

METHOD

Sauté Setting

1. Press FUNCTION button then select SAUTÉ, indicator light will illuminate.
2. Enter 18 minutes TIME, time is displayed on LED. Press START/CANCEL button and wait 3 minutes while bowl is heating before cooking.
3. Add half butter to bowl, heat for 30 seconds, add chicken in two batches and cook until golden brown all over. Remove and set aside. Heat remaining butter and oil until butter has melted.
4. Add onions and garlic and cook for 4 minutes until onion has softened, stirring occasionally. Add rice, mix well and cook 3 minutes, stirring occasionally. Stir in chicken stock and mix well. Secure lid on.

Pressure Cook Setting

5. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
6. Enter 10 minutes TIME, time is displayed on LED.
7. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position.
8. Press START/CANCEL button.
9. Open lid. Rice should be 'al dente'. Mix through chicken, pesto, ¼ cup Parmesan cheese and rocket leaves.
   Serve immediately with extra Parmesan cheese.

PAPRIKA CHICKEN

Serves 4 to 6

INGREDIENTS

2 tablespoons vegetable oil
2 medium onions, diced
2 vine-ripened tomatoes, skinned and diced
1 red or green capsicum, diced
1½ tablespoons sweet Hungarian paprika
4–6 chicken thigh cutlets with bone (about 1kg), skin and fat removed
125ml (½ cup) chicken stock
Salt and pepper to taste
½ cup light sour cream

METHOD

Sauté Setting

1. Press FUNCTION button then select SAUTÉ, indicator light will illuminate.
2. Enter 15 minutes TIME, time is displayed on LED.
3. Press START/CANCEL button and wait 3 minutes while bowl is heating before cooking. Heat oil, sauté onions, tomatoes and capsicum for about 8 minutes until tender. Add paprika and cook for 1 minute, stirring constantly. Add chicken pieces and turn over to coat with onion mixture, continue cooking for 4 minutes. Add chicken stock and stir well. Secure lid on.

Pressure Cook Setting

4. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
5. Enter 25 minutes TIME, time is displayed on LED.
6. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position.
7. Press START/CANCEL button.
8. Once timer is 0 and 5 beeps sound, release PRESSURE.
9. Open lid. Season to taste with salt and pepper. Stir in sour cream just before serving.

CORNED BEEF

Serves 4 to 6

INGREDIENTS

1–1.2kg piece of corned beef
1 large onion studded with 6 cloves
1 tablespoon cider vinegar
12 black peppercorns
1 stick celery, cut into 4 pieces
1 bay leaf
1 bouquet garni
2 tablespoons brown sugar, firmly packed
1 carrot cut into chunks
water

METHOD

1. Place all ingredients into removable cooking bowl with just enough water to come halfway up the side of the corned beef. Secure lid on.

Pressure Cook Setting

2. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
3. Enter 40 minutes TIME, time is displayed on LED.
4. Pressure Release Valve is to be turned to PRESSURE position and Pressure Control Dial turned to LOW position.
5. Press START/CANCEL button.
6. Once timer is 0 and 5 beeps sound, release PRESSURE.
7. Open lid. Check corned beef; it should be soft when pierced with a knife. Let corned beef rest for 15 minutes before serving.

SOY AND GARLIC BEEF ROAST

Serves 4 to 5

INGREDIENTS

1.2kg rolled beef boneless scotch fillet
1 tablespoon olive oil
1 tablespoon light soy sauce
1 tablespoon chopped garlic
1 birds' eye chilli, deseeded and finely minced
250ml (1 cup) beef stock
250ml (1 cup) cup dry red wine
Salt and pepper to taste

METHOD

1. Place beef into a large bowl and mix together oil, soy sauce, garlic and chilli. Massage soy mixture into beef. Cover and refrigerate for 4 hours or overnight.

Sauté Setting

1. The next day, press FUNCTION button then select SAUTÉ, indicator light will illuminate.
2. Enter 10 minutes TIME, time is displayed on LED.
3. Press START/CANCEL button and wait 3 minutes while removable cooking bowl is heating before cooking. Sear and brown meat all over. Remove meat and add beef stock and red wine and mix with spatula. Carefully place trivet into removable cooking bowl. Place meat onto trivet. Secure lid on.

Pressure Cook Setting

4. Press FUNCTION button and select PRESSURE COOK, indicator light will illuminate.
5. Enter 13 minutes for rare to medium or 15 minutes for medium to well done TIME, time is displayed on LED.
6. Ensure Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to LOW position.
7. Press START/CANCEL button.
8. Once timer is 0 and 5 beeps sound, release PRESSURE.
9. Open lid. Rest meat on a plate, covered with foil for 10 minutes before carving. Season to taste and serve.

NOTE

Remaining stock can be reduced using Sauté Setting for 3–5 mins to make a glaze or gravy for roast.

SPAGHETTI WITH QUICK BOLOGNAISE SAUCE

Serves 6 to 8

INGREDIENTS

2 tablespoons olive oil
1 medium onion, diced
4 cloves garlic, crushed
800g beef or pork mince
2 x 400g cans chopped tomatoes
2 tablespoons tomato paste
1 teaspoons dried basil
1 teaspoons dried oregano
2 teaspoons sugar (optional)
250ml (1 cup) water
Salt and pepper to taste
1kg spaghetti
Parmesan cheese for topping

METHOD

Sauté Setting

1. Press FUNCTION button then select SAUTÉ, indicator light will illuminate.
2. Enter 15 minutes TIME, time is displayed on LED.
3. Press START/CANCEL button and wait 3 minutes while bowl is heating before cooking.
4. Add olive oil to removable cooking bowl heat for 20 seconds; add onion and garlic, cook for 2–3 minutes. Add meat, breaking up and browning for 5–8 minutes. Add tomatoes, tomato paste, basil, oregano, sugar, water, salt and pepper. Stir well to combine ingredients. Secure lid on.

Pressure Cook Setting

5. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
6. Enter 35 minutes TIME, time is displayed on LED.
7. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to HIGH position.
8. Press START/CANCEL button.
9. Once timer is 0 and 5 beeps sound, release PRESSURE.
10. Open lid. Season to taste with salt and pepper.
11. Meanwhile bring a large saucepan of salted boiling water, cook pasta for about 6–8 minutes or until tender. Drain well. Mix sauce through spaghetti and serve immediately topped with Parmesan cheese.

BASIC EGG CUSTARD

Serves 4

INGREDIENTS

4 eggs, beaten
1/3 cup caster sugar
200ml milk
1½ teaspoons vanilla essence

METHOD

1. Whisk eggs, sugar, milk and vanilla together in a large bowl.
2. Pour mixture through a fine sieve into a greased 6 cup soufflé or ovenproof dish.
3. Cover with 2 sheets of greaseproof paper and 2 sheets of foil and secure with string.

Pressure Cook Setting

4. Position trivet into removable cooking bowl and pour in 2 cups of water. Place soufflé or ovenproof dish onto trivet. Secure lid on.
5. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
6. Enter 25 minutes TIME, time is displayed on LED.
7. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to LOW position. Press START/CANCEL button.
8. Once timer is 0 and 5 beeps sound, release PRESSURE.
9. Open lid. Allow custard to firm for 20–30 minutes before serving. The custard can be refrigerated overnight and serve with stewed fruit.

NOTE

If using a metal dish this may cook faster so suggest to shorten cooking time by 10 minutes.

CHRISTMAS PUDDING

Serves 4 to 6

INGREDIENTS

100g dried fruit
2 tablespoons brandy
¼ cup boiling water
¼ cup golden syrup
60g butter
½ cup caster sugar
1½ teaspoons vanilla essence
2 eggs, well beaten
1/3 cup plain flour
2/3 cup self raising flour
½ teaspoon bicarbonate of soda

METHOD

1. Soak fruit in brandy for 3 to 4 hours then add boiling water and soak for 10 minutes.
2. Meanwhile pour golden syrup into base of a greased and lined 6 cup pudding basin.
3. Cream butter, sugar and vanilla together until light and fluffy. Add eggs, a little at a time and beat well. Sift plain flour, S.R. flour and bicarbonate of soda together and fold into creamed mixture with dried fruit and liquid.
4. Spoon mixture into pudding bowl and cover with pudding basin lid or cover with 2 sheets of greaseproof paper and 2 sheets of alfoil and secure with string.

Pressure Cook Setting

5. Place trivet into removable cooking bowl and pour in 2 cups of boiling water. Place pudding basin or soufflé dish onto trivet. Secure lid on.
6. Press FUNCTION button then select PRESSURE COOK, indicator light will illuminate.
7. Enter 55 minutes TIME, time is displayed on LED.
8. Ensure Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to LOW position. Press START/CANCEL button.
9. Once timer is 0 and 5 beeps sound, release PRESSURE.
10. Open lid. Allow pudding to stand 30 mins.
11. Turn pudding upside down and serve with custard.

SLOW COOK SETTING

Breville Fast Slow Cooker has been designed specifically with a unique Slow Cook setting for flavour layering. A technique professional chefs use to enhance and deepen the taste of meals by using the same cooking bowl for sautéing onions and searing meats and creating casseroles, curries, soup, stock and bolognaise.

With Breville Fast Slow Cooker you can now sauté and slow cook in the cooker using the same non stick cooking bowl. Simply activate SAUTÉ/SEAR function to caramelise vegetables and sear meats and then start to SLOW COOK.

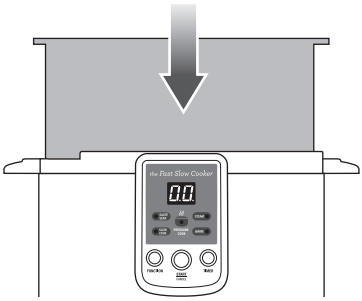
SLOW COOK setting on Breville Fast Slow Cooker will gently simmer food for an extended period of time.

The following is a guide to adjusting your favourite recipes:

TRADITIONAL COOKING TIME	SLOW COOK SETTING TIME
60–120 minutes	6 or 8 hours

HOW TO SLOW COOK

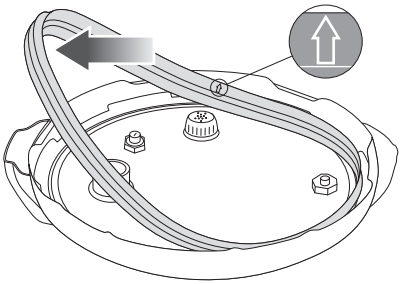
1. Place removable cooking bowl into stainless steel base.



2. Attach clean silicone rubber gasket securely into gasket holder using the indicated arrows as a guide. Ensure that the arrows are facing up when inserting into the lid.

NOTE

Fit silicone rubber sealing gasket into lid if not already in place.

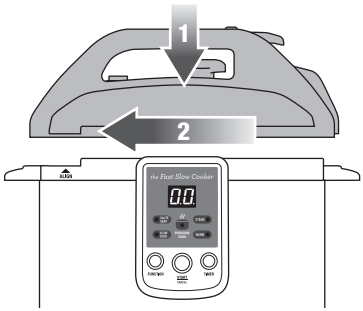


3. Place a minimum of 1 litre of combined food and liquid into removable cooking bowl.

4. Close and lock lid by using handle. Close lid in an clockwise direction by aligning ALIGN arrows. Lid arrow should align with stainless steel base arrow until it locks into place and is in the CLOSE position.

NOTE

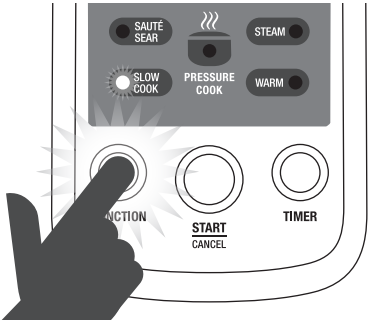
This should be effortless!



NOTE

Pressure release valve and control dial is not relevant when slow cooking.

5. Press FUNCTION button until SLOW COOK indicator light flashes red.



6. To set TIMER; press TIMER button and choose either 6 hours or 8 hours, 6H or 8H this will illuminate on LED display. When desired cooking time is displayed, press START/CANCEL button. The function indicator light will stop flashing and will illuminate a solid red.
7. Preheating will begin, control panel will continue to display selected cooking time, and count down in hour increments until last hour and this hour will countdown in minutes on LED display.
8. When LED displays 0 cooking has finished. Breville Fast Slow Cooker will sound 5 beeps and will automatically switch to KEEP WARM setting for 30 minutes.

9. To open lid turn handle in an anti-clockwise direction until aligning ALIGN arrows to OPEN position.

NOTE

This should be effortless!

⚠ *IMPORTANT*

- *Never use SLOW COOK setting without food and liquids in the removable cooking bowl.*
- *Always have lid closed throughout the operation of the SLOW COOK setting.*
- *Always use dry pot holders or oven mitts to remove cooking bowl when hot.*
- *Do not place removable cooking bowl or stainless steel lid when hot on any surface that may be affected by heat.*

⚠ *WARNING*

Always open stainless steel lid carefully and away from yourself to avoid scalding from escaping steam.

Using the Keep Warm Function

NOTE

Automatically – after slow cooking has finished, keep warm will function for 30 minutes.

Manual – select keep warm function and time can be programmed from 02 to 99 minutes.

LAMB SHANKS BRAISED IN CHAR SUI SAUCE

Serves 4

INGREDIENTS

4 lamb shanks (10–12cm long)
1 tablespoon plain flour
1 tablespoon vegetable oil
1 medium onion, finely chopped
4 cloves garlic, finely minced
1 tablespoon chopped fresh ginger
1–2 small red chillies, seeds removed and chopped
375ml (1½) cups chicken stock
½ cup Char Sui sauce
2 tablespoons Hoi Sin sauce
1 tablespoon light soy sauce

METHOD

Coat each lamb shank in flour shaking off excess.

Sauté Setting

1. Press FUNCTION button then select SAUTÉ, ensure indicator light illuminates.
2. Enter 15 minutes TIME, time is displayed on LED.
3. Press START/CANCEL button and wait 3 minutes while removable cooking bowl is heating.
4. Add oil to bowl, heat 1 minute, add lamb shanks in batches and cook until golden brown all over. Remove and set aside.
5. Add onions, garlic, ginger and chillies and cook for 3 minutes or until onions and garlic is light golden brown.
6. Add chicken stock, Char Sui sauce, Hoi Sin sauce and soy sauce, mixing well. Return lamb shanks and turn to coat in the sauce. Secure lid on.

Slow Cooking Setting

7. Press FUNCTION button then select SLOW COOK, ensure indicator light illuminates.
8. Enter 8HR TIME, time is displayed on LED. Press START/CANCEL button.
9. Once timer is 0 and 5 beeps sound.
10. Open lid. Cooked lamb shanks should be very tender and falling off the bone.

CHICKEN WITH SHALLOTS AND GARLIC

Serves 4 to 6

INGREDIENTS

1kg chicken pieces (thigh cutlets and drumsticks), excess fat and skin removed
1 teaspoon salt
½ teaspoon ground white pepper
2 tablespoons vegetable oil
10g butter
1 head garlic, peeled and separated
6 to 8 eschallots or small onions, peeled
250ml (1 cup) dry white wine
1 fresh sprig thyme plus 1 tablespoon fresh thyme leaves
185m (¾ cup) chicken stock
1 tablespoon cornflour

METHOD

Season chicken pieces with salt and pepper.

Sauté Setting

1. Press FUNCTION button then select SAUTÉ, ensure indicator light illuminates.
2. Enter 18 minutes TIME, time is displayed on LED.
3. Press START/CANCEL button and wait 3 minutes while bowl is heating before cooking. Add oil and butter to bowl, heat for 30 seconds. Add chicken pieces in batches and cook until golden brown all over. Remove and set aside. Add garlic and shallots, cook for 3 minutes or until garlic and onions are light golden brown. Add wine and sprig of thyme and bring to the boil. Simmer for 2 minutes. Mix chicken stock and cornflour together, pour this mixture in and stir well. Add chicken pieces and mix well. Secure lid on.

Slow Cooking Setting

4. Press FUNCTION button then select SLOW COOK, indicator light will illuminate.
5. Enter 6HR TIME, time is displayed on LED.
6. Press START/CANCEL button. Once timer is 0 and 5 beeps sound. Open lid.
7. Chicken pieces should be very tender and falling off the bone. Stir through fresh thyme leaves and adjust seasoning.

THAI BEEF RED CURRY

Serves 6 to 8

INGREDIENTS

1 tablespoon vegetable oil
1 large onion, diced
4 cloves garlic, finely minced
1 tablespoon chopped fresh ginger
1/3 cup red curry paste
1 ½ kg chuck steak cut into 4cm cubes
2 tablespoons fish sauce
270ml tin coconut milk
2 tablespoons palm sugar or brown sugar, firmly packed
2–3 large carrots, peeled and thickly sliced or cut into batons
4–6 kaffir lime leaves
2 stalks lemongrass, cut into 10cm lengths
¼ cup sliced bamboo shoots, well drained
2 vine ripened tomatoes, diced
½ cup chopped fresh coriander

METHOD

Sauté Setting

1. Press FUNCTION button then select SAUTÉ, ensure indicator light illuminates.
2. Enter 14 minutes TIME, time is displayed on LED. Press START/CANCEL button and wait 3 minutes while removable cooking bowl is heating before cooking.
3. Add oil to bowl and heat for 1 minute. Add onion, garlic and ginger and cook for 3 minutes or until onion has softened slightly.
4. Add curry paste and cook, stirring for a further 3 minutes or until curry paste is very fragrant.
5. Stir in chuck steak and cook 3 minutes or until steak has began to change colour and is well coated in curry paste, stirring frequently.
6. Add fish sauce, coconut milk, brown sugar, carrots, kaffir lime leaves, lemon grass and bamboo shoots and mix well. Secure lid on.

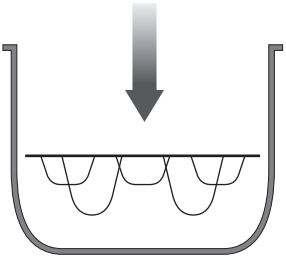
Slow Cooking Setting

7. Press FUNCTION button then select SLOW COOK, ensure indicator light illuminates.
8. Enter 8HR TIME, time is displayed on LED. Press START/CANCEL button.
9. Once timer is 0 and 5 beeps sound, release PRESSURE. Open the lid. Beef should be very tender. Remove kaffir lime leaves and lemon grass and discard. Serve red curry topped with chopped tomato and coriander.

STEAM SETTING

HOW TO STEAM

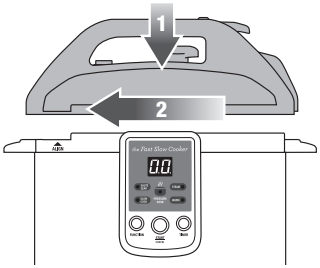
1. Place stainless steel trivet inside removable cooking bowl and add 1 litre (4 cups) of hot liquid (water or stock). Place stainless steel steaming basket containing food onto trivet using handle .



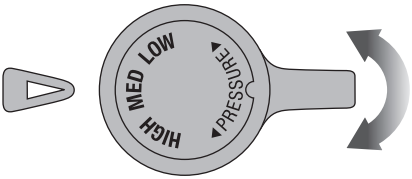
2. Close and lock lid by using handle. Close lid in an clockwise direction by aligning ALIGN arrows. Lid arrow should align with stainless steel base arrow until it locks into place and is in the CLOSE position.

NOTE

This should be effortless!



3. Select one of the following settings using the Pressure Regulator Control dial located on the handle:
   - Low (Low Pressure)
   - Medium (Moderate Pressure)
   - High (High Pressure)



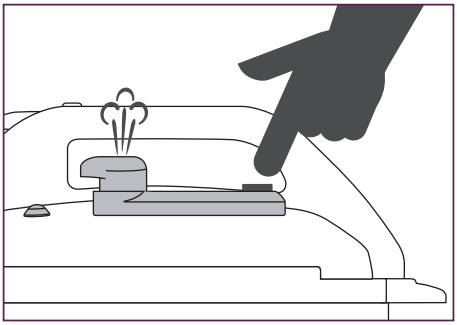
4. Ensure Pressure Release Valve is turned to PRESSURE position.
5. Press FUNCTION button until STEAM indicator light flashes red.
6. To set TIMER; press TIMER button to increase the cooking time this will be illuminated on LED display from 02 minutes to maximum 99 minutes. To fast advance time, press and hold down TIMER button. When desired cooking time is displayed, press START/CANCEL button. The function indicator light will stop flashing and will illuminate a solid red. Preheating will begin, control panel will continue to display selected cooking time. As selected pressure setting is achieved, there will be a slight hissing of steam from pressure release valve. After approximately 10 minutes, or more depending on the amount of liquid added to cooking bowl, selected cooking time will begin to count down in minutes and this is shown on LED display.
7. When LED displays 0 cooking has finished. Breville Fast Slow Cooker will sound 5 beeps.

STEAM SETTING

8. To release pressure from Pressure release valve; press pressure release button. Steam can be released in the following two ways:

NOTE

Quick Release – This method uses the Stream Release Button. Depress in short bursts until all steam is out of the Pressure Regulator.



⚠ *IMPORTANT*

Steam Release Button will be hot if pressed for prolonged period.

NOTE

Slow Release – If the Steam release button is not depressed when cooking is finished, the steam will automatically vent out of the Pressure Regulator slowly. This method is recommended for recipes containing larger quantities of liquid such as soups and casseroles to prevent liquid being forced out with the steam. The Slow release method is also used to finish off recipes such as risottos and puddings.

NOTE

Release steam by using method recommended in recipe.

9. Wait minimum 1 minute after releasing pressure/steam to unlock and remove lid. To open lid use handle in a anti-clockwise direction until aligning ALIGN arrows to the OPEN position.

NOTE

This should be effortless!

10. Check food to see if it has been cooked sufficiently. If not, replace lid and lock into position following the previous step 4.

⚠ *IMPORTANT*

- *STEAMING function in Breville Fast Slow Cooker operates under pressure so Keep hands and face clear of Pressure Release Valve when appliance is in Steaming operation Hot steam and water may be emitted during use.*

⚠ *CAUTION*

- *When steaming the lid can not be opened. Do not try to force the lid open.*
- *Use Caution when opening lid. Steam escapes as soon as the lid is opened. Never place hands and face over Breville Fast Slow Cooker when removing the lid. Always use oven mitts when handling the hot removable cooking bowl.*

BASIC STEAMING CHART

FOOD	TIME
Beetroot	20–25 minutes
Brussels sprouts	8–10 minutes
Parsnips	5–6 minutes
Pumpkin 2cm pieces	10–12 minutes

Basic Steamed Vegetables

Select vegetable from basic steaming chart.

1 litre water or stock.

Place trivet into removable cooking bowl of Breville Fast Slow Cooker and pour in 1 litre water or stock. Place steaming basket of vegetables onto trivet. Secure lid on.

STEAM in Breville Fast Slow Cooker

1. Press FUNCTION button then select STEAM, indicator light will illuminate.
2. Enter recommended TIME for selected vegetable, time will be displayed on LED.
3. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to LOW position.
4. Press START/CANCEL button. Once timer is 0 and 5 beeps sound, release PRESSURE.
5. Open lid.

To avoid overcooking foods when using the STEAM function, it is generally a good idea to release steam and remove lid to stop cooking immediately. Remove the steaming basket by the handles.

ASIAN FISH PARCELS

Serves 2

INGREDIENTS

2 x 150g fish fillets, skin on, such as snapper or blue eye trevalla
1 bunch asparagus, trimmed
2 green onions, finely sliced
2 teaspoons finely shredded ginger
¼ cup coriander sprigs
Juice of ½ a lime
2 tablespoons light soy sauce
½ teaspoon raw or brown sugar

METHOD

1. Lightly score skin of each fillet 2-3 times. Cut a large piece of foil or baking paper and fold over.
2. Divide asparagus and shallots between each parcel and place fish on top. Top with ginger, coriander, juice, soy and sugar. Fold over foil or paper to enclose completely.
3. Place 2 cups of boiling water into removable cooking bowl and position trivet. Place fish parcels onto trivet. Secure lid on.

Steam Cook Setting

4. Press FUNCTION button then select STEAM COOK, indicator light will illuminate.
5. Enter 12 minutes TIME, time is displayed on LED.
6. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to LOW position.
7. Press START/CANCEL button. Once timer is “0” and 5 beeps sound, release PRESSURE. Immediately open lid and remove fish and serve with steamed rice.

CARAMEL PUDDING WITH BUTTERSCOTCH SAUCE

Serves 4 to 6

INGREDIENTS

60g butter
½ cup milk
2 tablespoons brown sugar
1 egg, well beaten
1½ teaspoons vanilla essence
1 cup (150g) Self raising flour
½ teaspoon baking powder
Butterscotch Sauce
1/3 cup (60g) brown sugar, well packed
1 tablespoon golden syrup
½ cup boiling water

METHOD

1. Place butter, milk and brown sugar into a medium saucepan and stir over low heat until butter has melted. Do not boil. Remove from heat and allow to cool to lukewarm.
2. Add egg and vanilla essence to milk mixture and whisk until well combined.
3. Sift together flour and baking powder in a large bowl, gradually whisk in milk mixture until batter is smooth.
4. Pour batter into a buttered 6 cup pudding bowl or deep ovenproof dish. Sprinkle over extra brown sugar. Drizzle golden syrup evenly over the surface. Gently pour boiling water over this mixture. Grease a large sheet of foil and secure over the top of dish to make a lid.

Steam Cook Setting

5. Place trivet into removable cooking bowl and pour in 3 cups of boiling water. Place ovenproof dish onto trivet. Secure lid.
6. Press FUNCTION button then select STEAM, indicator light will illuminate.
7. Enter 25 minutes TIME, time is displayed on the LED.
8. Pressure Release Valve is turned to PRESSURE position and Pressure Control Dial turned to MEDIUM position.
9. Press START/CANCEL button.
10. Once timer is 0 and 5 beeps sound, release PRESSURE.
11. Open lid carefully.
12. Allow pudding to stand for 15 minutes before serving.
13. Pudding should be cooked in the centre. Carefully invert pudding onto a large plate and serve immediately. Serve with ice cream or fresh cream.

NOTE

If using a metal pudding bowl the cooking time may vary.

DOUBLE CHOCOLATE PUDDING WITH CHOCOLATE SAUCE

Serves 4 to 6

INGREDIENTS

60g cooking chocolate
2 teaspoons butter
1 egg, well beaten
½ cup (120g) caster sugar
1 teaspoon vanilla essence
½ cup (125ml) milk
1 cup (150g) plain flour
1 teaspoon baking powder
½ teaspoon bicarbonate of soda
3 tablespoons cocoa powder
½ cup (125ml) milk

SAUCE

100g dark cooking chocolate
125ml cream

METHOD

1. Melt chocolate and butter together in a small saucepan over very low heat. Set aside to cool.
2. Beat together egg, sugar and vanilla for 5 minutes with an electric beater. Add melted chocolate mixture to egg mixture.
3. Sift flour, baking powder, bicarbonate of soda and cocoa together and fold into chocolate mixture alternatively with milk mixture.
4. Lightly butter a 6 cup pudding bowl or deep ovenproof dish and line bottom with baking paper.
5. Pour mixture into the basin. Grease two sheets of foil and secure over the top of dish to make a lid.

Steam Cook Setting

6. Place trivet into removable cooking bowl and pour in 3 cups of boiling water. Place ovenproof dish onto trivet. Secure lid on.
7. Press FUNCTION button then select STEAM COOK, indicator light will illuminate.
8. Enter 35 minutes TIME, time is displayed on LED.
9. Pressure Release Valve is turned to STEAM position and Pressure Control Dial turned to MEDIUM position.
10. Press START/CANCEL button.
11. Once timer is 0 and 5 beeps sound, release PRESSURE.
12. Open lid carefully.
13. Allow pudding to stand for 15 minutes before serving.
14. Pudding should be cooked in the centre. Carefully invert pudding onto a plate and serve immediately chocolate sauce.

To make the sauce: Melt chocolate and cream together in a small saucepan over low heat, stirring occasionally.

NOTE

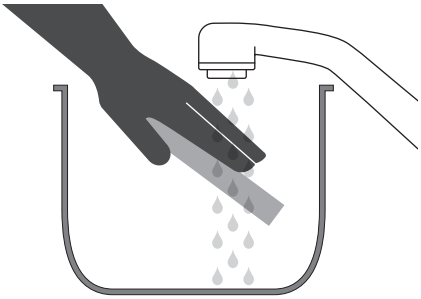
If using a metal pudding bowl the cooking time may vary.

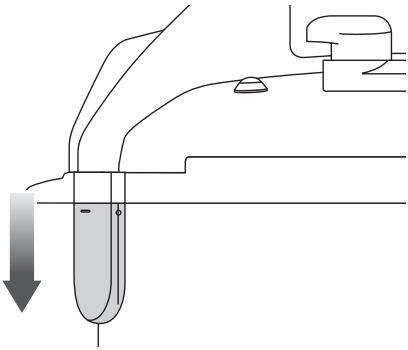
CARE AND CLEANING

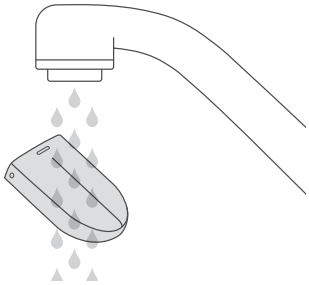
your Breville Fast Slow Cooker™

CARE AND CLEANING

1. Before cleaning Breville Fast Slow Cooker, switch off at power outlet, unplug from power outlet and remove the connector end of power cord from appliance inlet.
2. Wash removable cooking bowl with warm soapy water and a clean soft cloth or sponge. Rinse with clean water and dry thoroughly.





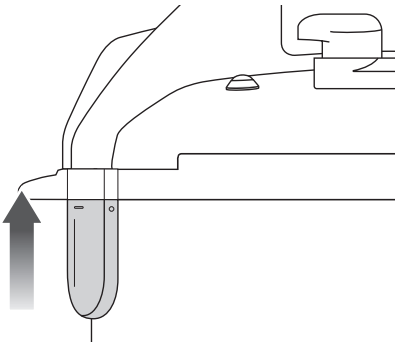


NOTE

Removable cooking bowl can be washed in dishwasher. However, to maintain non-stick coating, it is recommended to wash cooking bowl in hot, soapy water using a mild household detergent. Rinse and dry thoroughly.

⚠ *WARNING*

Do not use abrasive cleaners, steel wool or scouring pads as these can damage the surfaces and non-stick coating.



3. Stainless steel base can be wiped over with a soft, damp cloth and then dried thoroughly.
4. Remove condensation collector by gently pulling downwards and clean it thoroughly under water. Place it back in its original position.

5. Disassemble lid.

   a) First, gently pull the silicone rubber gasket out from under the gasket holder. Check periodically that it is clean, flexible and not cracked or torn. If damaged do not use the appliance.

⚠ *WARNING*

- *Do not use abrasive cleaners, steel wool or scouring pads.*
- *Do not immerse metal base or power cord in water or any other liquid as they may cause electrocution.*
- *Ensure removable cooking bowl is correctly positioned in the base before you commence cooking.*

NOTE

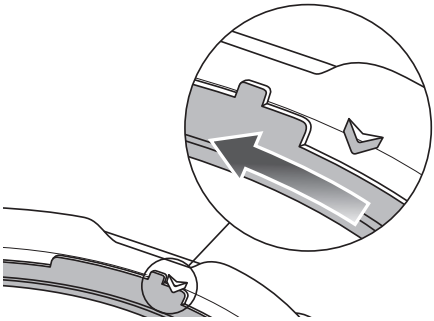
After cooking rice or large meals, some cooking liquid may pool under lid at the top of appliance around the cooking bowl. This is normal. Use a paper towel or kitchen cloth to clean after every use. Use a small brush or cotton swab if necessary.

Call **The Breville Customer Service Centre. Phone: 1300 139 798** to order a replacement.

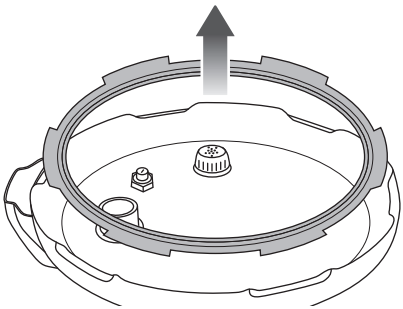
NOTE

Replace silicone rubber gasket every 1–2 years (see your nearest Breville Service Centre).

   b) To remove gasket holder, turn the holder so that the plastic tabs are not touching the lugs on the lid.



Remove the gasket holder by pulling straight up and out of the lid.



NOTE

There are 6 triangular metal cut out grips around the inside of the lid that keep the holder in place.

Wash gasket and holder in warm, soapy water. Rinse with clean water, dry thoroughly and place back in their original position.

NOTE

The silicone rubber gasket and holder can be washed in the top rack of a dishwasher to eliminate odour from spices.

NOTE

Can soak silicone rubber gasket in a mixture of bicarbonate soda and water to help eliminate odours before cleaning.

NOTE

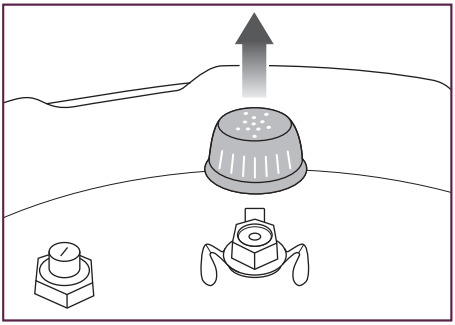
During cleaning of the lid ensure Pressure Indicator Rod moves freely (up and down). Wash and clean any oil or food residue from this area.

⚠ *IMPORTANT*

The silicone rubber gasket must always be properly positioned with the wide bottom into the underside of the lid. If the gasket is not assembled properly, The Breville Fast Slow Cooker Plus will not operate. An alarm will sound and the error EO will be displayed on the LCD screen.

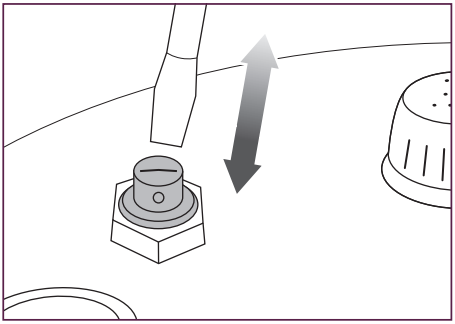
c) Wash the inside of the lid with a wet, soapy sponge or cloth. Use a brush to remove oil residue if necessary. Wipe dry with a clean, damp cloth.

d) Regularly inspect that Pressure Release Valve Cover is clean and free of liquid/food. Remove pressure release valve cover from the lid (by twisting and lifting up and off the Lid) and wipe over with a soapy cloth and dry clean. Rinse well and replace by clipping back in place.



e) Pressure Safety Valve will need to be regularly checked and cleaned in order to avoid any clogging which could result in blocking the safety valve.

To clean the Pressure Safety Valve, push valve from inside the lid in and out with a long thin object (e.g. chopstick, screwdriver). Wash and clean any oil or food residue. Ensure the valve moves in and out smoothly after cleaning.



⚠ *IMPORTANT*

All lid parts must be reassembled correctly to ensure safety as well as optimal performance of your Fast Slow Cooker.

NOTE

A mixture of 1 tablespoon vanilla, ½ cup lemon juice, 1 tablespoon lemon rind plus 500ml hot water, cook at HIGH pressure for 5 minutes. Leave to slow release pressure, then disassemble and wash as directed, can help eliminate food odours.

TROUBLESHOOTING

TROUBLESHOOTING

PROBLEM	EASY SOLUTION
EO is displayed on LED Screen	a. Check that lid is closed properly. b. Check the pressure release valve is in the correct position. c. Make sure the silicone rubber gasket is attached properly to the gasket holder and is securely in place on the lid.
E1 is displayed on LED Screen	• Unplug unit and allow to sit for 20 minutes. If no change, Please call Breville Customer Service.
E2 is displayed on LED Screen	• Ensure Cooking bowl is properly positioned inside base. The cooking bowl must be in direct contact with the heating plate. Make sure there are no unwanted materials on the heating plate.
E3 is displayed on LED Screen	• Ensure lid is off the appliance or placed on top to rest in an offset position when you are using the SAUTÉ/SEAR setting.
The appliance automatically switches to Keep Warm without going through a complete cooking cycle	• Add more water to cooking bowl and restart the cooking cycle.
Air is escaping from the rim of the lid	a. Install sealing gasket correctly. b. Clean sealing gasket. c. Replace sealing gasket. d. Lock lid again.
Steam is released from the float valve	a. Clean sealing gasket. b. Replace sealing gasket. c. Change silicone rubber gasket every 1–2 years.
The float can not rise in PRESSURE COOK setting	a. Place Pressure release valve in the correct position. b. Place more food and water in the cooking bowl. c. Call Breville Customer Service.
Lid is hard to open or cannot be opened	a. Check if the pressure indicator locking pin is in the upright position. If it isn't, push down with aid of a pencil or like item, jiggle the lid and disengage. This will allow the air to escape and the lid should open.

NOTES

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